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U. S. Department of Agriculture

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Housekeepers' Chat

Wednesday, October 29, 1930.

NOT FOR PUBLICATION

Subject: "How to Furnish the Nursery." Information from Children's Bureau, U. S. Department of Labor. Menu and recipe from Bureau of Home Economics, U. S. D. A.

Bulletin available: "Infant Care."

---ooOoo---

What shall we have for dinner, that's nice? Scalloped Oysters, and Scalloped Rice. There -- I'd better watch myself, or I'll be lapsing into verse, and that would be unfortunate. Unfortunate, because I wouldn't have anyone to listen to my new recipe -- Scalloped Oysters and Scalloped Rice. As a matter of fact, they are scalloped together, the oysters and the rice.

For the mother who knows her children's needs -- this is the way the menu reads: Scalloped Oysters and Rice; Beets; Raw Celery; Apple Brown Betty.

There's a recipe for Scalloped Oysters and Rice in the Radio Cookbook, but this recipe is a better one, the latest up-to-date recipe for Scalloped Oysters and Rice. Nine ingredients -- Notebooks ready? Pencils steady?

3 cups cooked rice	2 tablespoons flour
1 quart oysters	1 tablespoon salt
1 cup chopped celery	1/8 teaspoon pepper, and
2 tablesppons melted butter, or	1 cup milk
other fat	
1/2 cup buttered bread crumbs.	

Nine ingredients, for Scalloped Oysters and Rice: (Repeat).

Now to prepare this dish. Place alternate layers of rice, oysters, and celery, in a baking dish -- that is, first a layer of rice, then a layer of oysters, then a layer of celery, and so on. Pour over them a sauce. The sauce is made from the butter, flour, salt, pepper, and milk. Cover the top with the buttered crumbs. Bake for 20 minutes, in a moderate oven.

Now that's a toothsome dish, and a good way to use rice. By the way, have I mentioned lately the collection of rice recipes, called "Rice as Food?" Many appetizing combinations of rice with other foods, in this bulletin.

Let's collect our menu again: Scalloped Oysters and Rice; Beets; Celery; and Apple Brown Betty.

This meal was planned for Rosalie, in the first grade. Do you know Rosalie? She's the little golden-haired child who goes to the McKinley school. The other day Rosalie and her mother were walking down the street, when Rosalie spoke to a small boy.

"His name is Jimmy, and he is in my grade," explained Rosalie.

~~What~~ What is the little boy's last name? asked Rosalie's mother.

"His whole name," said Rosalie, "is Jimmy Sitdown. That's what the teacher called him."

To return to business. Here's a letter from a mother who is moving from a city apartment to a house in the suburbs. She wants a copy of "Infant Care," so she can read the directions for furnishing a nursery.

It's quite a problem, to bring up a child in a city apartment. A baby gets along fairly well in a flat or apartment, until he is two or three years old, then he needs more room, and a sunny yard to play in.

Now, as to the nursery. Choose a bright sunny room, for a child needs sunshine just as a plant does. Like a plant, the child will droop and pine, without plenty of sunshine. Windows opening to the south, southeast, or southwest, will admit the sun for many hours of the day.

Temperature must be considered, also. A very young baby, or a delicate one, requires a warmer room than one older, or more robust. For the first few weeks, keep the daytime temperature between 65 and 70 degrees. At night it may fall from 10 to 15 degrees lower, if the baby is properly dressed and protected. For older babies, the daytime temperature may be from 65 to 68 degrees, and the night from 15 to 30 degrees lower, depending on the condition of the baby. A healthy child is easily accustomed to a cold room, and not harmed by it if he is kept thoroughly warm in his crib, and protected by screens, against drafts.

How can you tell whether the baby is warm enough, on a chilly winter night? Test his feet and hands. If they are warm, and he is sleeping quietly, he's all right. If they are cold, he needs more clothing, more covers, or to be screened more completely from cold air.

1. The first part of the report is a summary of the work done during the last year. It includes a list of the projects completed and a brief description of the results achieved. The second part of the report is a detailed account of the work done on the various projects. It includes a description of the methods used, the results obtained, and a discussion of the conclusions reached.

2. The second part of the report is a detailed account of the work done on the various projects. It includes a description of the methods used, the results obtained, and a discussion of the conclusions reached.

3. The third part of the report is a detailed account of the work done on the various projects. It includes a description of the methods used, the results obtained, and a discussion of the conclusions reached.

4. The fourth part of the report is a detailed account of the work done on the various projects. It includes a description of the methods used, the results obtained, and a discussion of the conclusions reached.

5. The fifth part of the report is a detailed account of the work done on the various projects. It includes a description of the methods used, the results obtained, and a discussion of the conclusions reached.

6. The sixth part of the report is a detailed account of the work done on the various projects. It includes a description of the methods used, the results obtained, and a discussion of the conclusions reached.

CONCLUSIONS

7. The first conclusion is that the work done during the last year has been very successful. It has resulted in the completion of a number of important projects and the achievement of a number of significant results. The second conclusion is that the methods used have been very effective and have resulted in the achievement of a number of significant results.

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13. The thirteenth conclusion is that the work done during the last year has been very successful. It has resulted in the completion of a number of important projects and the achievement of a number of significant results. The fourteenth conclusion is that the methods used have been very effective and have resulted in the achievement of a number of significant results.

Which brings us to the subject of ventilation. If the nursery has doors and windows on opposite sides of the room, a cross current is set up when they are opened, and the room is quickly filled with fresh air. When there is only one window, and the door opens into a hall, you can get a cross current by opening doors and windows of other rooms, at the same time. Sometimes, in very cold weather, it's pretty hard to keep the rooms warm enough for comfort, and yet well-aired. As far as the nursery is concerned, this must be a regular part of the mother's daily program. Several times a day, while the baby is out of the room, open all the doors and windows for a few minutes. Let the fresh air flood every part of the room, as it will quickly do. Then close the windows and turn on the heat, before the baby is brought back.

For ventilating the nursery at night, in cold weather, cloth screens are a great convenience. Do you remember when "night air" was considered harmful? Another queer old idea that has passed into the limbo of discarded superstitions. "Night air" is apt to be more pure than day air, as a matter of fact, for it is cleaned by dew or fog of the dust stirred up in the day time.

The baby's room should be kept scrupulously clean, of course. If the house is old, paint or paper the nursery. Bare floors are easily kept clean. Linoleum may be used on old floors; it is easily cleaned. Washable rugs may be used, but heavy rugs and carpets are not suitable. When the baby is large enough to play on the floor, he may sit on a mat, or a heavy blanket, folded. A clean comfort may be used as a mat. This is most important in winter, when there are cold floor drafts.

In the book, "Infant Care," there is a list of the important furnishings for the baby's room. The list is too long to broadcast. There are also suggestions about the baby's bed, and directions for making a dressing table.

The next question is about toys for the baby. A timely subject, with Christmas so near. When you buy gifts for your own children, for nieces and nephews, or for grandchildren, remember that a baby wants to put everything in his mouth. Toys should be washable, with no sharp points or corners, to hurt the eyes. Painted articles and hairy and wooly toys are unsafe, as are also toys small enough to be swallowed, and those having loose parts, such as bells. I know it's very difficult to pass by the alluring tables of gay painted toys, fluffy wooly dogs, and so forth. It's hard for grown-ups to believe, too, that a baby would rather have a string of spools and a big pie tin than the most expensive gift ever manufactured for the Christmas buyer.

Rubber toys, which may be washed, are excellent. Floating toys of celluloid are interesting, but the baby will soon bite them to pieces.

Never give a child so many toys at one time that his attention is distracted. He will be quite satisfied with a few things. A handful of clothespins, for example, will please him just as much as an expensive doll, or other toy. Some mothers have a special box or basket, in which to keep empty spools and other household objects which will amuse the baby. Among these toys are a string of spools, a spoon, a pie tin to pound, a string of wooden beads, and empty talcum powder cans.

Tomorrow: "Suggestions for Thrifty Homemakers."

